



Souper Salad

Nutrition Information

All Souper Salad menu items are trans fat free!
Nutrition information subject to change without notice.
Some items not available at all locations.

Sandwiches

	Calories	Fat (g)	Fat (%)	Saturated Fat (g)	Saturated Fat (%)	Cholesterol (mg)	Cholesterol (%)	Sodium (mg)	Sodium (%)	Carbohydrates (g)	Carbohydrates (%)	Fiber (g)	Fiber (%)	Protein (g)	Protein (%)	Net Carbs
Asiago Roast	769	46	72	14	71	177	59	1050	44	47	16	3	12	47	94	44
Half Spread	684	35	54	12	61	163	54	968	40	47	16	3	12	47	94	44
No Cheese	679	37	58	8	41	147	49	740	31	45	15	3	12	46	92	42
Sub Low Carb Tortilla	690	46	70	14	68	177	59	1236	52	27	9	13	52	53	106	14
Laguna Chicken Salad	461	20	30	3	14	88	29	611	25	24	8	9	38	49	97	15
Santa Fe Turkey	580	30	46	9	45	142	47	1995	83	46	15	5	18	32	64	41
Sicilian	952	54	83	14	71	97	32	3481	145	78	26	4	17	40	80	74
No Cheese	853	46	71	9	47	78	26	3235	135	77	26	4	17	33	66	73
Sub Low Carb Tortilla	692	50	77	13	66	97	32	3247	135	29	10	14	57	42	84	15
Tuna Salad	532	26	41	4.2	21	41	14	738	31	51	17	7	28	24	48	44
Sub Low Carb Tortilla	407	25	38	3.5	18	41	14	1134	47	25	8	14	55	29	59	11
Turkey (Roasted)	376	5	8	1	4	40	13	1579	70	52	17	7	28	32	63	45
Sub Low Carb Tortilla	251	3	5	0	0	40	13	2076	87	26	9	13	54	37	74	13